



Weekly Activity Schedule June – Dec 2022

Mondays

Activity	Where	Time	Cost	Organiser	Contact
Community Walking Train	Various	8.30am start	FREE	Susan	0408 683 874
Go Movement	West Moonah Community House	10.30am – 12pm	\$4		62732362
Best Foot Forward Walking Group	Various	1:00pm	FREE	Lynette	0407 493 280
Goodwood Walking Group	Goodwood Community Centre	9.30am – 10.30am	FREE	Chris	0448 210 089

Community Walking Train - *come join the walking train around the Glenorchy area (Brent St, Pitcairn St etc. - be picked up along the walk and dropped off to meet your neighbour *

Go Movement - *Low impact exercise class - go at your own pace delivered by qualified instructors*

Best Foot Forward Walking Group - * Come along to walk for fun and fitness * contact Lynette for more info **see above**

Goodwood Walking Group - *Come along to walk for fun and fitness*

GLENORCHY

On the Go



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Tuesdays

Activity	Where	Time	Cost	Organiser	Contact
Go Movement	Goodwood	10-30- 11-30	\$4.00	Freedom Health	Goodwood Centre 62722560
Walking Train		8-30	Free	Susan Job	0408683874
Go Movement	Bucaan House	12- 1pm	\$4.00	Freedom Health	0417389783
Circuit Training	Karadi	4.00- 4.45		Hollie French	Karadi 62723511

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Wednesdays

Activity	Where	Time	Cost	Organiser	Contact
Walking Group	Goodwood Comm Cent	9-30 – 10-30	N/C	C.Tunks	0448210089
Garden Group	Goodwood Comm Cent	11.00 – 2.00	N/C		62722560
Mud Brick Cafe	Goodwood Comm Cent	9-30-11-30 am	\$ 3.50		62722560

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Thursdays

Activity	Where	Time	Cost	Organiser	Contact
Walking Train		8-30	N/C	Susan Job	0408683874
Healthy Hearts	YMCA	10-11.00			
Garden Group	Mission Aust	9-30-11-30		Angela Shaw	62367900
Craft Group (Fortnightly)	Chigwell House				62495363
Circuit Training	Karadi	4-445 pm			62723511
Line Dancing	Tolosa Hall	10 am Beginners	\$3.00	Bucaan House	62495363
Line Dancing	Tolosa Hall	11.30 More Experienced	\$4.00	Bucaan House	62495363

GLENORCHY

On the Go



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Fridays

Activity	Where	Time	Cost	Organiser	Contact
Walking Train		8-30	N/C	Susan Job	0408683874
Line Dancing	Chigwell Barn	1.00 Pm Beginners	\$3.00	Bucaan House	62495363
Line Dancing	Chigwell Barn	2.00 Pm Beginners	\$4.00	Bucaan House	62495363
Walking Group	Chigwell House	1.30	Free	Mission Australia	63367900
Goodwood Garden Group	Goodwood Comm Cent	9am-2m	Free		62722560